TMI VIDEO...."LIFE SPAN"...AUDIO SCRIPT

...INTRO SEQUENCE..

((MUSIC: UP AND UNDER))

NAR: IN THE FOOTHILLS OF THE BLUE RIDGE IN VIRGINIA IS A PLACE WITH PEOPLE WHO THINK BIG...REALLY BIG...NOT FOR POWER OVER OTHERS..BUT TO TRY TO PROVIDE THE HUMAN SPECIES WITH A MEANS OR METHOD TO BE MORE THAN THEY EVER DREAMED POSSIBLE.
AND SLOWLY, THEY ARE SUCCEEDING.
THEY HAVE DECIDED TO CALL THE TOTAL OF THEIR EFFORT - **LIFE SPAN**. IT IS THE SUM OF OVER THIRTY FIVE YEARS OF DIRECT TRIAL AND ERROR EXPERIENCE OVER THOSE YEARS, THEY HAVE HELPED MANY THOUSANDS OF HUMANS FROM ALL OVER THE WORLD MAKE AMAZING DISCOVERIES ABOUT THEMSELVES. THIS HAS BEEN ACHIEVED BY THE APPLICATION OF SPECIALIZED

SOUND CALLED HEMI-SYNC, IN WEEK-LONG PROGRAMS HELD HERE, AND IN SOUND RECORDINGS FOR USE ELSEWHERE.

NO DRUGS ARE INCLUDED IN THE PROCESS, NOR IS ANY RELIGIOUS OR POLITICAL BELIEF. THE MAIN THEME IS - YOU ARE IN COMMAND OF YOU. WHO ELSE IS MORE QUALIFIED !

THIS PLACE IS THE MONROE INSTITUTE. IT IS NAMED AFTER THE FOUNDER, ROBERT MONROE. MUCH EARLY THOUGHT WAS GIVEN TO THIS LOCATION. THE SURROUNDING SUPPORT OF NATURE WAS OF COURSE ONE - THE VIEW, THE FORESTS, THE RELATIVELY CLEAN STREAMS OF MOUNTAIN AND SPRING WATER, A SITE FOR A LAKE, CLEARED LAND FOR FOOD GROWING AND HOME SITES FOR THOSE WHO WISHED TO STAY HERE. ANOTHER ITEM WAS ONE ORDINARILY HIDDEN AND NOT CONSIDERED. THIS PLACE IS

OUTSIDE THE PRIMARY RADIATION AREA OF HIGH POWERED ELECTRO-MAGNETIC TRANSMITTERS SUCH AS TELEVISION AND RADIO, WHICH MAY OR MAY NOT AFFECT HUMAN CONSCIOUSNESS. ALTOGETHER, THE TOTAL LAND INVOLVED HERE IS OVER EIGHT HUNDRED ACRES. INCIDENTLY, THE TOWER YOU SEE IS A MODERN REPLICA OF A TOWER BUILT IN SCOTLAND DURING THE MID-TWELFTH CENTURY - A FACT UNKNOWN TO THE PRESENT-DAY BUILDER UNTIL AFTER CONSTRUCTION HERE WAS COMPLETED.

ANOTHER ITEM. AS YOU SEE THE BUILDINGS FROM THE FRONT, THEY SEEM SMALL AND NOT PARTICULARLY IMPOSING. THERE IS A REASON FOR THIS. THEY WERE NOT DESIGNED TO BE IMPRESSIVE, BUT EFFICIENT. THEY ARE BUILT INTO THE SOUTHERLY SIDE OF THE HILL TO BE ENERGY EFFICIENT. THEY

ABSORB CONSTANT GROUND TEMPERATURE, ARE SHIELDED FROM THE COLD NORTHWESTERLY WINDS AND STORMS, AND TAKE IN WARM SUNLIGHT FROM THE SOUTH. THEY APPEAR MUCH MORE LIKE THEIR ACTUAL SIZE IF YOU TAKE THE SOUTHERN VIEW.

THE NANCY PENN CENTER, NAMED FOR ONE OF THE INSTITUTE FOUNDERS, PROVIDES HOUSING FOR UP TO TWENTY EIGHT PARTICIPANTS DURING THEIR SIX DAY INTENSIVE LEARNING SESSION. THERE ARE TWO DINING ROOMS, AN INTIMATE CONFERENCE ROOM, A DOUBLE MIRRORED AREA FOR MORNING AEROBICS, AND MOST OF ALL, A COMPLETELY PRIVATE HOLISTIC ENVIRONMENTAL CUBICLE FOR EACH PERSON ATTENDING A LEARNING SESSION. IT IS LINED WITH COPPER ON ALL SIDES AND TOP AND BOTTOM TO REDUCE ELECTRO-MAGNETIC RADIATION INPUT. SPECIAL SYSTEMS BRING

IN AND CIRCULATE FRESH OUTSIDE AIR. HERE, LEARNING EXERCISES ARE PROVIDED IN STEREO HEMI-SYNC SOUND EACH DAY AND SPECIAL SLEEP SESSIONS AT NIGHT - ALL IN THE FREEDOM OF COMPLETE PRIVACY, YET CONSULTATION IS AVAILABLE AT THE PUSH OF A BUTTON.

IT IS HERE - IN THESE CUBICLES - THAT NEW UNDERSTANDING TAKES PLACE, NEW IDEAS OF SELF ARE BORN - NEW CAPABILITIES COME INTO BEING. THE BEGINNING OF WHAT WE AT THE INSTITUTE CALL A STEP ALONG THE FREEDOM ROUTE, THE START OF A DIFFERENT OVERVIEW.

THE NEXT BUILDING IS DAVID FRANCIS HALL, NAMED IN HONOR OF A LONG-TIME FRIEND AND SUPPORTER OF THE INSTITUTE. THE HALL SEATS OVER ONE HUNDRED COMFORTABLY, AND IT IS THE SITE OF EVENING ACTIVITY DURING A LEARNING SESSION. IT

IS EQUIPPED TO SHOW BOTH LARGE SCREEN VIDEO AND SIXTEEN MILLIMETER MOTION PICTURES, AND MOST IMPORTANT, THREE DIMENSIONAL HEMI-SYNC SOUND. ABOVE ARE SPECIAL ROOMS FOR PRIVATE CONSULTATION.
JUST BEYOND IS THE RESEARCH LABORATORY, AND WE'LL GET THERE LATER.

...END INTRO SEQUENCE.....

...BEGIN #1 SEQUENCE.....

NAR: AT THIS POINT, LET US TURN TO ROBERT MONROE AND FIND OUT WHAT IS MEANT BY THE PHASING CONCEPT, WHICH IS A NEW THEORY DEVELOPED BY THE INSTITUTE. MR. MONROE?

RAM; WELL, I`M SURE IT CAN BE DESCRIBED MUCH MORE CLEARLY WITH APPROPRIATE PICTURE SEQUENCES RATHER THAN WAVING OF ARMS AND SCRIBBLING ON A FLIP CHART. SO LET'S GIVE IT A TRY. THE CONCEPT OF MIND PHASING IS SIMPLE. AS WE LIVE

OUR LIVES, A CERTAIN PORTION OR PERCENTAGE OF OUR MIND CONSCIOUSNESS FLICKERS OUT OF NORMAL TIME/SPACE MOMENTARILY MANY TIMES DURING THE DAY. WHENEVER WE THINK OF SOMETHING UNRELATED TO WHERE WE ARE AT THE MOMENT, A PART OF OUR MIND IS OUT OF PHASE. IT HAPPENS WHEN WE THINK OF THE OVEN WE MIGHT HAVE LEFT TURNED ON BACK HOME, DAYDREAMING, CALCULATING A MATHEMATICAL FORMULA, UNRELATED REMEMBERING, AND SO ON. WE DO INCORPORATE THE MEMORY OF SUCH MENTATION IN OUR WAKING CONSCIOUSNESS.

THE ONLY WILLFUL, CONTROLLED MIND PHASING IN PAST YEARS HAS BEEN STATES OF MEDITATION IN VARIOUS FORMS. USUALLY, WE DO REMEMBER IN THESE MUCH OF WHAT TAKES PLACE.

BEYOND THIS POINT, ALMOST ANY OUT OF PHASE SHIFTING OF A PART OF OUR MIND CONSCIOUSNESS

IS VIRTUALLY OUT OF OUR CONTROL, AS A RESULT, THE OUT OF PHASE PART OFTEN UPSETS BADLY THE OTHER PART OF US. ALCOHOL, ENTERTAINMENT DRUGS, PSYCHOTIC STATES, ILLNESS, HEAD INJURY. EVEN OVERWHELMING EMOTION. ALL CAN PRODUCE PHASE SHIFTING OF A PART OF OUR MIND CONSCIOUSNESS. OFTEN THE RESULT IS BLURRED IN OUR MEMORY. THANKFULLY.

THEN COMES SLEEP - THAT THIRD OF OUR LIVES THAT OUR PRESENT HUMAN ERA KNOWS LITTLE MORE THAN THE ELECTRICAL AND BIOCHEMICAL CHANGES THAT TAKE PLACE. ALL WE REMEMBER ARE SCATTERED BITS OF INFORMATION WE CALL DREAMS. YET MOST OF OUR MIND CONSCIOUSNESS IS NOT IN PHASE WITH OUR PHYSICAL BODY DURING SLEEP - AND THE DEEPER THE SLEEP, THE LESS THAT REMAINING, IN-BODY

PERCENTAGE BECOMES.

WHERE ARE YOU AND WHAT ARE YOU DOING DURING SLEEP? AFTER THESE MANY YEARS OF RESEARCH AND EXPLORATION, WE CAN GIVE YOU ONLY ONE ANSWER. THE POSSIBILITIES SEEM ENDLESS. IT IS A FREEDOM WE DON'T ENJOY AND APPRECIATE BECAUSE WE ARE BLOCKED FROM REMEMBERING WHAT WE DO.

YET IN OUR LIFESPAN PROJECT, MUCH OF WHAT IS LEARNED COMES AS A RESULT OF KEEPING YOUR MIND AWAKE AND BODY ASLEEP. THIS LETS YOU ACHIEVE AND EXPERIENCE STATES OF CONSCIOUSNESS NEVER BEFORE UNDER YOUR CONTROL.

THE LAST PHASING PATTERN IS THAT WHEN THE PHYSICAL BODY IS COMATOSE....THE BODY IS SEEMINGLY ALIVE, BUT THE BRAIN SHOWS LITTLE OR NO ACTIVITY. ONLY A VERY SMALL PERCENTILE OF YOUR MIND CONSCIOUSNESS IS

PRESENT.

THEN THERE IS PHYSICAL DEATH - AND NO PORTION OF YOUR MIND CONSCIOUSNESS REMAINS IN THE PHYSICAL. ONCE YOU HAVE LEARNED TO ACCESS THE STATES OF MIND DURING BODY SLEEP, IT BECOMES RELATIVELY EASY TO VISIT AND EXPLORE THESE OTHER ULTIMATE FORMS OF HUMAN EXISTENCE.

.....END SEQUENCE #1....

...START SEQUENCE #2....

NAR; THANK YOU, SIR - AND WE WILL BE BACK WITH YOU LATER. RIGHT NOW, HERE IS A CONDENSED ILLUSTRATION OF THE WAY LIFESPAN AND HEMI-SYNC SOUND OPERATES. FIRST THE TIMEOUT RECORDINGS...EITHER ON COMPACT DISC OR CASSETTE. ALTHOUGH WE ARE USING ONE OF THE INSTITUTE CHEC UNITS, THEY CAN BE USED ANYWHERE IN A PRIVATE, ISOLATED ENVIRONMENT. THROUGH THIS, YOU CAN LEARN TO GO TO

SLEEP WHENEVER AND WHEREVER YOU DESIRE. THE TIMEOUT SLEEP SYSTEM NOT ONLY HELPS YOU GET TO SLEEP, BUT HELPS YOU LEARN A METHOD OF GOING TO SLEEP WHENEVER YOU DESIRE - WITHOUT EXTERNAL STIMULUS. THE INSTITUTE HAS BEEN USING THIS METHOD SUCCESSFULLY WITH THOUSANDS OVER THE PAST 20 YEARS.

THE NEXT STEP HAS BEEN TO ESTABLISH A VERY IMPORTANT PHASE SHIFT IN CONSCIOUSNESS. IT IS TO CONVERT THAT FIRST STAGE OF SLEEP INTO WHAT WE CALL FOCUS 10 - WHERE THE MIND IS AWAKE AND THE BODY ASLEEP. THIS MEANS THAT OVER 60 PERCENT OF YOUR MIND CONSCIOUSNESS IS ACTIVE WITHOUT SENSORY SIGNALS FROM YOUR PHYSICAL BODY. THIS MOST DEFINITELY INCLUDES YOUR ENTIRE MIND AS YOU KNOW IT - AND YOUR FIRST REAL FREEDOM.

TO BEGIN TO KNOW YOU ARE INDEED MORE THAN YOUR PHYSICAL BODY. NOT BELIEVE OR HOPE, BUT KNOW. THE DESIRE TO EXPLORE AND KNOW MORE IS OVERWHELMING.

THE NEXT STEP IS WHAT WE HAVE LABELED FOCUS 12. YOU LEARN TO INCREASE YOUR OUT OF PHASE STATE FROM THE PHYSICAL, BUT STILL KNOWING YOUR PHYSICAL BODY IS THERE AND READY WHEN YOU NEED IT. IN FOCUS 12, ANOTHER FREEDOM BECOMES A REALITY. WITH YOUR PHYSICAL BODY SIGNALS REDUCED EVEN MORE, OTHER TYPES OF SIGNALS AND INFORMATION BEGIN TO EMERGE. THEY HAVE BEEN LONG COVERED BY THE HEAVY PHYSICAL INPUT WHICH YOU HAVE NOW SET ASIDE TEMPORARILY.

THUS FOCUS 12 ADDS GREATLY TO YOUR ABILITY IN YOUR QUEST FOR KNOWLEDGE. THROUGH LIFESPAN, YOU LEARN TO BE THERE AND RETURN AT YOUR OWN

CHOOSING, AT YOUR OWN CONTROL.

NEXT IS FOCUS 15, THE STATE OF NO TIME... WHERE YOU LEARN TO ADD OR REMOVE THE TIME FACTOR IN YOUR MIND CONSCIOUSNESS. OF YOUR OWN CHOOSING, YOU LEARN TO USE TIME AS A TOOL, THAT YESTERDAY IS NO MORE REAL THAN WHAT WE CALL THE PRESENT, NOR THAN AN EVENT 5,000 YEARS PAST. THEY ARE ALL EASILY AVAILABLE FROM THE WIDER PHASE SHIFT OF FOCUS 15. YOUR DIFFERENT OVERVIEW EXPANDS MORE AS YOU BECOME FREE FROM TIME CONSTRAINTS.

THEN, LIFE SPAN TEACHES YOU TO EXPAND YOUR PHASE EVEN GREATER, TO WHAT WE CALL FOCUS 21, WHERE THE ONLY PART OF YOUR MIND CONSCIOUSNESS LEFT IN YOUR PHYSICAL BODY, IS MERELY THE REPAIR AND MAINTENANCE CREW. WHAT YOU LEARN IN FOCUS 21 - THE EDGE OF TIME-SPACE - CAN AFFECT

GREATLY AND WONDERFULLY THE BALANCE OF YOUR PHYSICAL LIFE ACTIVITY. THERE IS MUCH KNOWLEDGE WAITING THERE - IN FOCUS 21.

BEYOND THIS ARE NON-PHYSICAL STATES OF BEING, FROM 22 TO 27. LIFESPAN HAS DEVELOPED TWO SYSTEMS THAT ARE AVAILABLE. THE FIRST IS CALLED LIFELINE - WHICH LETS THE PARTICIPANT DISCOVER WITHOUT ANY CONDITIONS OR DOUBT - THAT WE HUMANS DO INDEED SURVIVE PHYSICAL DEATH NO MATTER WHAT WE MAY HAVE BELIEVED IN THE PAST. SUCH KNOWLEDGE IS ONE OF THE MAJOR FREEDOMS ONE CAN POSSESS. IT CERTAINLY PRODUCES GREAT CHANGES IN OUR ABILITY TO FULLY ENJOY PHYSICAL LIFE.

THE SECOND IS CALLED THE <u>STAR SYSTEM</u> - DESIGNED SPECIFICALLY FOR THOSE WITH PHYSICAL LIFE-THREATENING ILLNESS OR INJURY -<u>AND</u> THEIR

FAMILY AND FRIENDS. IT IS AN ABBREVIATED VERSION OF THE PHASING CONCEPT AND AIMS DIRECTLY AT BRINGING FORTH KNOWLEDGE OF PHYSICAL DEATH SURVIVAL. IT IS A SERIES THAT CAN BE USED ANY WHERE AND AT ANY TIME.

TO GET TO A SUMMARY IS VERY SIMPLE. THE MORE YOU LEARN TO CONTROL AND WILFULLY USE THE PHASING CONCEPT, THE MORE CONTROL YOU HAVE OVER YOUR PHYSICAL LIFE. THE MORE CONTROL YOU HAVE, THE GREATER LIFE YOU CAN CREATE.

----------END SEQUENCE #2-----

------BEGIN SEQUENCE #3-------

NOW, HERE IS MR. F. HOLMES ATWATER, AMONG OTHER ITEMS, THE HEAD OF RESEARCH AT THE MONROE INSTITUTE. HE WILL SHOW YOU SOME OF THE TECHNOLOGY BEHIND HEMI-SYNC AND LIFE SPAN. HE IS WAITING FOR US OVER IN THE LABORATORY

BUILDING.

((ATWATER DEMO))

---END SEQUENCE # 3-------

---SEQUENCE # 4----------

HERE ARE EXCERPTS FROM TALKS WITH VARIOUS PEOPLE ACTIVE IN PORTIONS OF LIFE SPAN,AND HEMI SYNC.

----END SEQUENCE #4----------

----SEQUENCE # 5----------

HERE THE PORTIONS OF LIFE SPAN THAT ARE AVAILABLE IN 1993. OTHERS ARE ALREADY PLANNED TO BE AVAILABLE IN 1994 AND BEYOND. STILL OTHER LEARNING SERIES WILL BE ISSUED AS THE NEED ARISES.

THE SIX DAY PROGRAMS CONDUCTED HERE IN VIRGINIA ARE FIRST, THE GATEWAY VOYAGE. IT HAS BEEN OPERATING CONTINUOUSLY FOR OVER 17 YEARS, WITH THOSE ATTENDING ARE NOT ONLY FROM THE UNITED STATES BUT FROM PLACES AS FAR AWAY AS AUSTRALIA. THE MAIN THRUST IS

TO BECOME PROFICIENT IN CONSCIOUS PHASING AND THE GREAT REWARDS THEREFROM.

NEXT IS GUIDELINES - A STUDY OF YOUR INTERNAL SELF, SO THAT YOU DO DISCOVER JUST MUCH MORE YOU REALLY ARE THAN MERELY A PHYSICAL BODY. MOST OF ALL, YOU CAN MEET AND KNOW YOUR INNER SELF HELPER. WHICH IS A PSYCHOLOGICAL TERM FOR THAT PART OF YOU THAT EXISTED BEFORE YOU BECAME HUMAN. THE PROGRAM IS OPEN ONLY TO GATEWAY GRADUATES. IT IS OPEN ONLY TO GATEWAY GRADUATES, AND HAS BEEN IN OPERATION FOR OVER SEVEN YEARS.

ANOTHER GATEWAY GRADUATE PROGRAM IS LIFELINES...WHICH TAKES FULL ADVANTAGE OF THE POWER OF PHASING TO PROVIDE AN IMPORTANT SERVICE TO THOSE WHO HAVE JUST DEPARTED PHYSICAL LIFE. TO DO THIS, LIFELINES PARTICIPANTS CONSCIOUSLY MOVE

TEMPORARILY INTO NON-PHYSICAL REALITIES BEYOND TIME AND SPACE. THUS THEY GET TO KNOW, NOT MERELY BELIEVE THAT THESE AREAS DO EXIST.

THEN THERE IS THE NEWEST PROGRAM - LIFE SPAN 2,000. IT IS BY FAR THE MOST INTENSIVE LEARNING SYSTEM THAT WE KNOW OF. DURING THE SIX DAY PERIOD, OVER FIFTY THREE VALUABLE FUNCTION PROCESSES ARE STORED IN THE PARTICIPANT'S MEMORY. EACH CAN BE USED AT ANY TIME BY SIMPLY THINKING OF THE PARTICULAR COMMAND TO ACTIVATE THE FUNCTION. SUCH FUNCTIONS COVER NEEDS IN BOTH MENTAL AND EMOTIONAL AREAS AS WELL AS THE PHYSICAL. ALSO, IT OPENS THE USE OF YOUR OWN PERSONAL ENERGY FOR OTHER SPECIFIC APPLICATIONS OF YOUR CHOICE.

WE CALL IT A SURVIVAL KIT FOR COMFORTABLE AND PRODUCTIVE LIVING IN THE YEAR 2,000 AND

FOR OTHERS, THERE IS A WIDE VARIETY OF CONSTRUCTIVE LIFE SPAN HEMI-SYNC LEARNING SYSTEMS RECORDED ON TAPE AND COMPACT DISC. THEY HAVE A LONG HISTORY OF SUCCESS, AND CAN BE USED AT HOME OR ELSEWHERE.

SOME OF THEM ARE:

THE EMERGENCY SERIES, FOR SURGERY OR SEVERE ILLNESS.

THE GATEWAY EXPERIENCE, AN IN-HOME VERSION FOR PERSONAL GROWTH.

METAMUSIC - ORIGINAL MUSIC COMPOSED AND PERFORMED BY VARIOUS ARTISTS, DESIGNED FOR DEEP RELAXATION AND CONTEMPLATION, WITH SPECIAL HEMI-SYNC SOUNDS MERGED INTO THE SCORING.

AND FINALLY, THE NEWEST - LIFE SPAN'S STAR SYSTEM, DIRECTLY FOR THOSE WITH A PHYSICAL LIFE THREATENING ILLNESS OR INJURY, AND, FAMILIES AND FRIENDS.

-----END SEQUENCE #5---

FRIENDS.

-----END SEQUENCE #5---

-----CLOSING---------

((DISCUSSION WITH RAM))

--------END--------------------